



# THE INSTITUTE FOR HEALTHY FAMILIES OF NORTH TEXAS

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## **Rekindle and Revitalize Your Marriage**

By Sandra W. Froese, Ed.D, LPC-S, © 2011

*\*Adapted by permission from **Rekindling the Romance**, by Dennis and Barbara Rainey, Thomas Nelson Publishers, 2004.*

Even if we have cold, winter nights, there is no reason why married couples can't enjoy hot, hot nights! It is important to understand some basic differences how men and women view sex versus romance. Men often make the mistake of focusing on the physical side of sex, and women often make the mistake of focusing on the romantic side of a couples' relationship. Sex is much more than a physical act that ends in a few minutes. Sex actually brings two people together in body, soul, and spirit. But, it is romance that keeps the fires going especially for the woman.

When the romance of sex is missing, the woman will feel empty, undesired, and used. "He never shares his life with me," she said. "He slips into bed with the lights off, we make love, and that's it. Making love with him is like a bread-and-water diet." Ouch!

When the physical expressions of sex are missing, the man will feel failure, frustration, and dejection. "She says she loves me, but when I try to touch her to let her know that I want to make love to her, she turns away!" Ouch, again!

If a marriage is going through a rocky spell, or if a spouse is struggling with an emotionally difficult issue or is physically not feeling well, the problems will almost always manifest themselves in the sexual relationship. If sex is the glue that holds a marriage together, then sex will act like a gauge that measures the depth of a relationship.

For the woman just described, the physical experience left her feeling lonely and longing for true companionship. For the man just described, the lack of physical closeness and sexual expression left him feeling frustrated and unfulfilled.

For sex to be truly satisfying for both partners, each has to be totally open and vulnerable to the other. Each person must feel needed, wanted, accepted, and loved sacrificially. Sexual adjustment takes time in every marriage. Enjoy the process--that was God's intent when He created this awesome experience for intimacy in marriage.

If you and your spouse find yourself in these difficult circumstances of sexual issues in our marriage, don't wait! Seek a qualified licensed professional therapist whom you trust to guide you as you seek solutions to this complex issue. One of the partners may need medical treatment to overcome a physical problem. Usually it is an emotional or cultural issue that needs to be resolved.

A professional therapist can help you assess your marriage and develop communication skills to improve the relationship. Forgiveness and healing are often necessary, and a man or woman should never feel too proud or awkward to say "I am sorry if I hurt you" to their spouse. Loving and respecting each other is vital to a marriage; contempt and criticism will kill a marriage! Learn to practice "I" messages and active listening with your partner to share in one of life's greatest joys of sexual fulfillment.

*For an appointment with Dr. Sandra W. Froese, LPC-S, Institute for Healthy Family of North Texas LLC, call our office at 972-569-8843 and leave a message with your name and phone number. Or, e-mail [swfroese@sbcglobal.net](mailto:swfroese@sbcglobal.net) with information about your problems and she will reply within 24 hours. For more information about our counseling services and fees, go to our website at [www.texasicounselors.com](http://www.texasicounselors.com). A 30-minute consultation is offered at no charge so that you can determine if Dr. Froese is the right counselor for your needs and so she can determine if she can be of assistance. Our rates are affordable.*